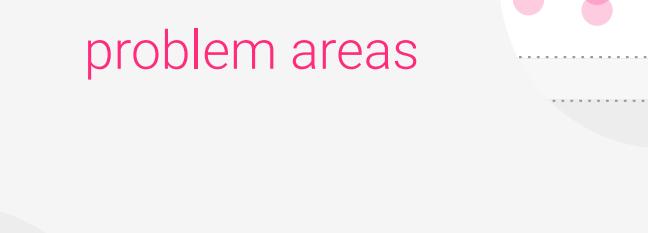


# checking blood sugar

lets you know how your body is doing at any point in time and empowers you to make healthy choices at those times



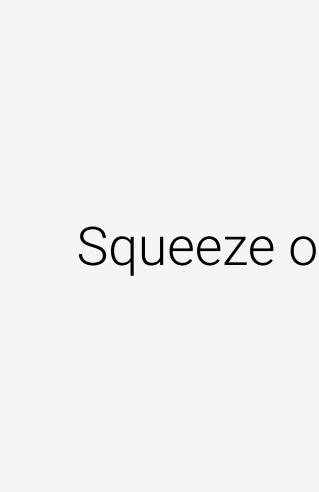
## You can only manage what you measure...

This guide shows you how to check your blood sugar in a structured way so you can...



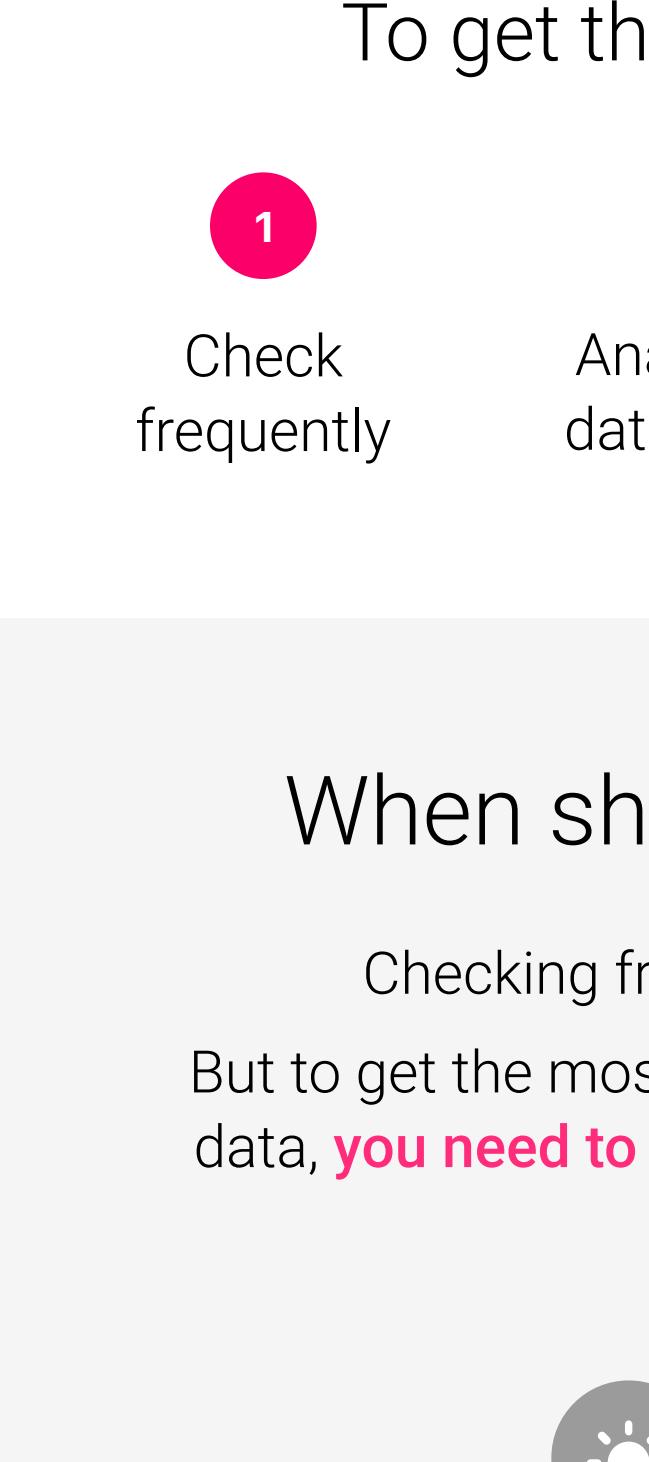
Spot trends

Pinpoint problem areas

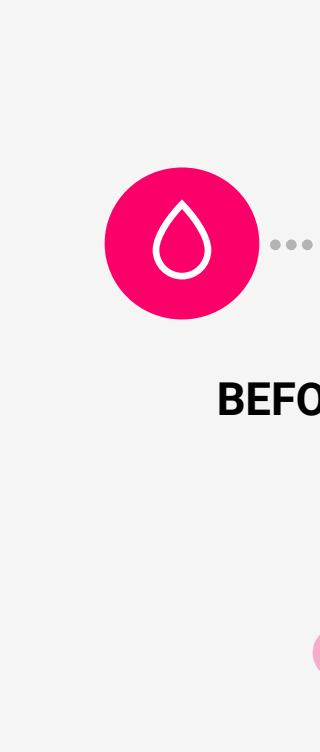


Make the changes you need to stay in range and on track!

The more you measure, the more you know.



Studies show that checking blood sugar regularly throughout the day significantly reduces A1C.

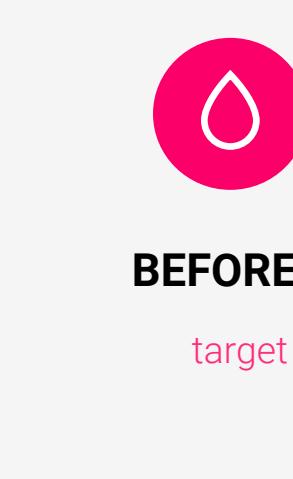
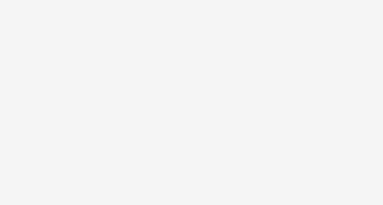
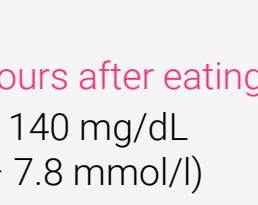


### STEP 1

Wash your hands with soap and water.

### STEP 2

Insert a test strip into your meter.

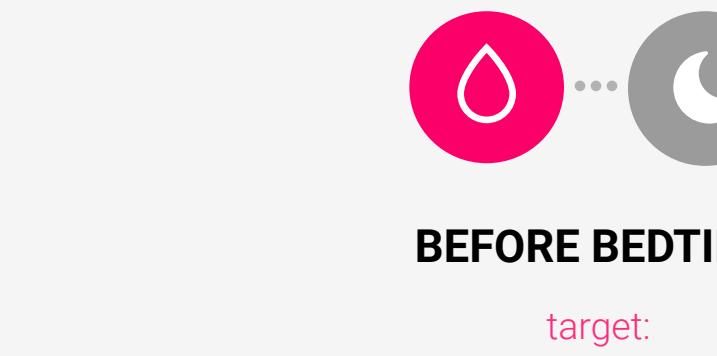
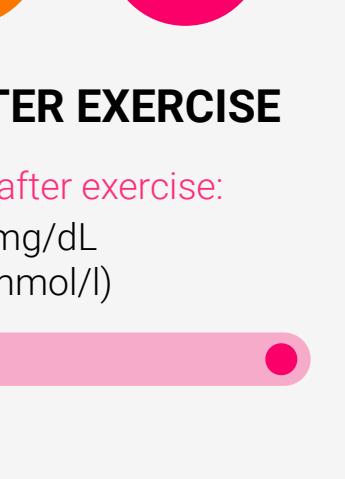


### STEP 3

Prick the side of any fingertip.

### STEP 4

Squeeze out a drop of blood.

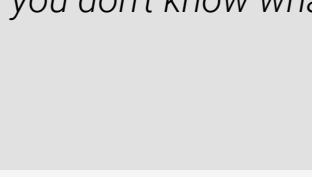
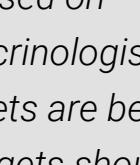


### STEP 5

Touch the drop to the test strip.

### STEP 6

Wait a few seconds for the result.



To get the best results:

1

Check frequently

2

Analyze your data regularly

3

Make changes as needed

## When should I check?

Checking frequently is great...

But to get the most out of your blood sugar data, **you need to check at the right times:**



### FIRST THING IN THE MORNING

target:  
70 – 110 mg/dL  
(3.9 – 6.1 mmol/L)

